





MONDAY

TIME	CLASS	LOCATION
9:00 AM	Piloxing Judy 	Studio
10:15 AM	Gentle Yoga Juliann	Studio
11:15 AM	Silver Sneaker Circuit Sharlotte	Studio
4:30 PM	CHISEL Gabriel	Studio
5:30 PM	POUND Elizabeth 	Studio

August

WEDNESDAY

TIME	CLASS	LOCATION
8:00 AM	All Level Yoga Lillian	Studio
9:00 AM	TRX Lillian	TRX Studio
9:00 AM	Silver Sneakers Classic Karen	Studio
10:15 AM	Piloxing Judy 	Studio
5:30PM	Zumba Josie 	Studio


FRIDAY

TIME	CLASS	LOCATION
9:00 AM	TBW JoAnn	Studio
10:15 AM	Silver Sneakers Circuit Sharlotte	Studio


POP UP CLASSES

August 5, Friday @ 11:15am Boom Move
 August 11, Thursday @ 11:15am Boom Mind
 August 12, Friday @ 11:15am Boom Muscle
 August 16, Tuesday @ 9:00 Zumba Toning
 August 19, Friday @ 11:15am Boom Move
 August 26, Friday @ 11:15 Boom Muscle
 With Josie

TUESDAY

TIME	CLASS	LOCATION
9:00 AM	Cardio Sculpt Judy	Studio
10:15 AM	Latin & Line Josie 	Studio
11:15 AM	Silver Sneakers Circuit Sharlotte	Studio
5:30PM	All Level Yoga Glynis	Studio

THURSDAY

TIME	CLASS	LOCATION
9:00 AM	Silver Sneakers Chair Yoga Karen	Studio
10:15 AM	Zumba Toning Josie 	Studio
5:15 PM	All Level Yoga Glynis	Studio

SATURDAY

TIME	CLASS	LOCATION
9:00 AM	TBW JoAnn	Studio



This symbols indicated classes where the volume of the music is played louder than some may be accustomed. These volume fluctuations creates class cultures and environments appropriate to the class format. Please plan your workout accordingly